



UNITED STATES
MILITARY ACADEMY
WEST POINT, NEW YORK

FITNESS TESTING
INFORMATION BOOKLET

AY 2003-2004



DEPARTMENT OF PHYSICAL EDUCATION

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UNITED STATES MILITARY ACADEMY
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TESTING BOOKLET AY 03-04

1. Reference. Physical Program Whitebook.
2. Purpose. To provide information on the physical fitness tests administered to the United States Corps of Cadets.
3. Objectives. The physical fitness tests administered to the Corps of Cadets are designed to support the mission of the United States Military Academy and the Department of Physical Education by:
 - a. Periodically evaluating cadet's physical fitness level throughout the academic year.
 - b. Motivating each cadet toward attaining and maintaining the high state of physical fitness required of an officer in the United States Army through increased emphasis on assessment and individual responsibility as the cadet progresses from the Fourth Class to the First Class year.

4. Class Tests.

- a. Cadets will take the following physical fitness tests:

<u>First Class</u>
Fall APFT
IOCT
Spring APFT

<u>Second Class</u>
Fall APFT
IOCT
Spring APFT

<u>Third Class</u>
Fall APFT
IOCT
Spring APFT

<u>Fourth Class</u>
Fall APFT
IOCT (in 4 th Class Military Movement)
Spring APFT

5. General Test Information.

a. Army Physical Fitness Test (APFT). The APFT is the United States Military Academy's primary physical fitness test. The APFT is a three event, cumulative score test, which includes push-ups (2 minute time limit, designed to measure upperbody strength/endurance), sit-ups (2 minute time limit, designed to measure abdominal strength/endurance), and a 2 mile run (designed to measure cardio-respiratory endurance). Cadets must score a minimum of 60 points on each APFT event and a minimum cumulative score of 180 points to pass the APFT.

b. Indoor Obstacle Course Test (IOCT). The IOCT consists of 10 obstacles and a run administered in Hayes Gym.

c. Alternate Tests. If the Director, DPE so directs, alternate tests may be administered to cadets who are excused from physical fitness tests due to cadet medical excusals. The DPE Testing and Sports Medicine Teams will determine the alternate test based upon the cadet excusal limitations.

UNIFORM REQUIREMENTS

- 1. Test Uniforms:**
 - a. Army Physical Fitness Test (APFT): Gym Alpha with running shoes.
 - b. Indoor Obstacle Course Test (IOCT): Gym Alpha with court shoes.
 - c. 10K Bike Test/12 Minute Bike Test: Gym Alpha with court shoes.
 - d. 10 Minute Swim Test: Gym Alpha over cadet bathing suit/trunks with court shoes.

- 2. Jewelry:**
 - a. Cadets may not wear jewelry during the IOCT or the 10 Minute Swim Test.
 - b. Cadets may wear a wristwatch during the APFT and the 10K Bike Test/12 Minute Bike Test. No other jewelry is authorized during these tests.

ARMY PHYSICAL FITNESS BADGE (APFB) STANDARDS

1. A cadet must achieve the following standards to earn the Army Physical Fitness Badge (APFB):
 - a. Receive a 270 or above on the APFT.
 - b. Receive 90 or more scale points on each event of the APFT (push-ups, sit-ups, and the two mile run). For badge purposes only, points scored above 100 on an event will not contribute to the overall point total.
2. Cadets are authorized to wear the APFB on the front right thigh area of the Gym Alpha shorts and sweat pants. The proper manner to wear the APFB is described in USCC Regulation 600-1 and is depicted in Figure 1.
3. To retain the APFB, a cadet must receive a 270 or higher and score at least 90 points in each event on subsequent APFTs.
4. A cadet cannot earn the APFB by taking an alternate test.

INDOOR OBSTACLE COURSE (IOCT) TAB STANDARDS

1. To qualify for the Indoor Obstacle Course (IOCT) Tab a cadet must score an A- (men-2:38, Women 3:35) or above on the IOCT.
2. Cadets are authorized to wear the IOCT Tab on the front right thigh area of Gym Alpha shorts and sweat pants. The proper manner to wear the tab is described in USCC Regulation 600-1 and is depicted in Figure 1.
3. If a cadet fails a subsequent IOCT, a previously awarded IOCT Tab will be removed and the cadet must earn the tab again.
4. A cadet cannot earn the IOCT Tab by taking an alternate test.



THE STANDARD!

Center bottom award (tab, badge) on front, right thigh area of Gym Alpha shorts or sweat pants.

CADET EXCUSAL PROCEDURES

1. All cadets who possess a valid cadet medical excusal from the USMA Surgeon must report to scheduled tests, in the prescribed uniform, with their cadet excusal slip. Cadets on crutches or with leg casts will report to the DPE Testing Office prior to an APFT/IOCT. After the Testing Officer has briefed those cadets testing, all medically excused cadets will pick up their test cards and report to the medical excusal table. DPE personnel will evaluate all cadet excusals and will determine whether the cadet will take the regularly scheduled test, the make-up test, or an alternate test.
2. Cadets who are ill or injured, and do not possess a cadet excusal, will pick up their cards and report to the medical excusal table after the Testing Officer briefing.
3. If an emergency situation (i.e., hospitalization) precludes a cadet from attending a scheduled fitness test it is the cadet's responsibility to call the Testing Office (X4351/3320) to schedule a make-up test.

APFT BRIEFING

THIS BRIEFING IS REQUIRED READING. ENSURE YOU UNDERSTAND ALL OF THE INFORMATION CONTAINED WITHIN THE BRIEFING PRIOR TO TAKING THE APFT.

1. If you currently have a valid cadet medical excusal from the Surgeon, report to the medical excusal table with your test card and a copy of your excusal.
2. If you are ill or injured and do not possess a current excusal, report to the medical excusal table with your test card.
3. If you are aware of an illness or injury that you have at the start of this test, and elect to take this test, your grade will stand.
4. If you become ill or injured during this test, immediately report the condition to the Testing OIC/Assistant OIC.
5. If you become ill or injured during this test and do not report the condition to the Testing OIC/Assistant OIC, your grade will stand.
6. If you experience a problem or have a question related to your test performance/scores, immediately report to the Testing OIC/Assistant OIC and address the problem/question. Once your test card is turned in at the turn-in table your grade will stand.
7. Turn your test card in only when you are sure that the information annotated on it is correct (i.e., name, ssn, year group, unit, and scores).
8. Check your test card after every event to verify your scores.
9. When counting push-ups and sit-ups, count loud enough for the instructor to hear. Count the number of attempted repetitions. Count the number of the last properly executed repetition when the instructor commands "no." Do not cheerlead.
10. Taking the APFT does not authorize you to be late to your next place of duty.
11. You must complete the APFT in one hour (from the first push-up to finishing the two mile run).
12. The uniform for all cadets, to include cadets with medical excusals, is Gym Alpha with running shoes. The only jewelry authorized is a wristwatch. Wearing of black spandex is authorized. Boxer shorts are not authorized in the Gym A uniform.

PROPER EXECUTION OF THE PUSH-UP

1. The starting position is the front leaning rest position.
 - a. Place hands where comfortable for you.
 - b. Feet may be together or up to 12 inches apart.
 - c. The body must be in a generally straight line from heels to shoulders.
2. On the command "GO", bend your elbows and lower your entire body as a single unit until your upper arms are at least parallel to the ground. Then return to starting position.
3. When in the "up" position, fully extend your arms.
4. Keep your body straight, shoulders through ankles, throughout the exercise.
5. The "up" position is the only authorized rest position. If you rest in the "down" position your performance will be terminated.
6. You may sag or flex your back in the **rest position only**. When flexing your back, you may bend your knees, but not to such an extent that you support most of your body weight with your legs. If this occurs, your performance will be terminated.
7. Repositioning the hands and/or feet is allowed as long as they remain in contact with the ground at all times. Raising either hand or foot from the ground will result in your performance being terminated.
8. When coming out of the rest position, you must return to the correct starting position before continuing.
9. Repetitions will not count and the counter will repeat the number of the last correctly performed repetition for any of the following:
 - a. Failing to keep body in generally straight line.
 - b. Failing to lower upper body until upper arms are at least parallel to ground.
 - c. Failing to extend arms completely.
 - d. Failing to return to the correct starting position when coming out of the rest position.
10. Failure to perform the first ten push-ups correctly will result in the grader telling you to take a knee and wait for an explanation of what you were doing wrong. You will then be retested.
11. After the first ten push-ups have been performed and counted there will be no restarts. The test will continue and any incorrectly performed push-ups will not be counted.

PROPER EXECUTION OF THE SIT-UP

1. The correct starting position is assumed by:
 - a. Laying flat on your back with knees bent so a 90 degree angle is formed between your upper and lower legs.
 - b. Feet are positioned together or up to 12 inches apart, with the heels remaining in contact with the ground.
 - c. Another cadet will hold your ankles with hands only. No other method of holding or bracing the feet is authorized.
 - d. Hands are behind the head with the fingers interlaced. The backs of the hands touch the ground.
2. Raise your upper body until a line between the base of your neck and the base of your spine forms a perpendicular line with the floor/mat. This is the "up" position.
3. Your heels and buttocks must remain in contact with the ground at all times.
4. Lower your upper body until your upper back (shoulder blades) touches the ground. This is the "down" position.
5. You may not grab your legs or clothing, or push off the ground using your hands to assist in getting to the "up" position. If you do, your performance in the sit-up event will be terminated.
6. The only authorized resting position is the "up" position. If you rest in the "down" position, your performance in the sit-up event will be terminated.

PROPER EXECUTION OF THE TWO MILE RUN

1. Only cadets taking the APFT are authorized to run the course.
2. Pacing is prohibited.
3. Listen for and remember your start time.
4. Listen for your time being called as you finish the run. Ensure a run slip is handed to you when you finish and that the data on the slip accurately reflects your finish time.
5. With run slip in hand, immediately pick up your test card at the card table. Immediately turn in your test card and run slip at the turn-in table.
6. After your score has been entered on your card, verify all information (i.e. PU, SU, and 2MR data) is correct, ensure your run slip is deposited in the trash adjacent to the DPE instructor at the turn-in table.
7. Ensure your test card is filed by the DPE instructor into your company's slot in the turn-in box at the turn-in table after your score has been entered on your card.
8. Again, if any of your scores are annotated incorrectly, do not leave the test site until you have discussed your situation with the testing OIC/Assistant OIC. If you fail to do this, your grade will stand.

APFT ALTERNATE TESTS

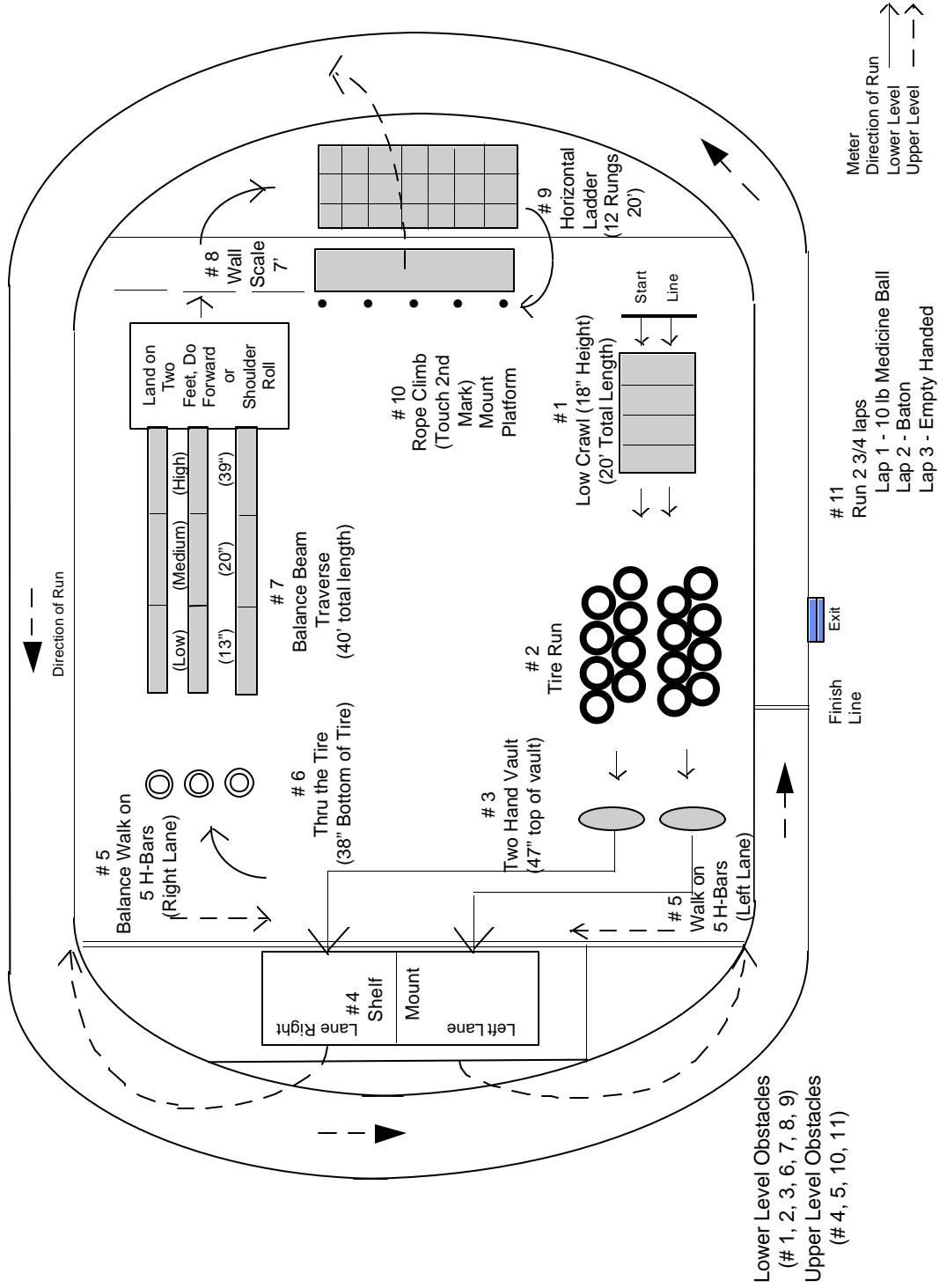
1. Cadets unable to take a standard three event APFT due to a cadet medical excusal will either be scheduled for a makeup test date, will take an alternate test, or will be declared a No Test. Every effort will be made to schedule a cadet for a standard three event APFT. If this is not possible, the specific alternate test a cadet will take will be determined by the DPE Testing and Sports Medicine Teams based upon the specific limitations on the cadet medical excusal form. As a last resort, a cadet will be declared a No Test.
2. Alternate test options are as follows:
 - a. Cadets who are medically excused from performing the two mile run only will take an alternate test consisting of both muscular strength/endurance events (push-ups and sit-ups) and an alternate cardiorespiratory endurance event consistent with the provisions of the cadet medical excusal. Priority for the alternate cardiorespiratory events are the 10K Bike Test (Selected Athletes will perform the 12 Minute Bike Test) and then the 10 Minute Swim Test.
 - b. Cadets who are medically excused from performing either of the muscular strength/endurance events (push-ups or sit-ups), but who can run, will take a two event APFT consisting of the two mile run and the muscular strength/endurance event that the cadet is medically cleared to perform.
 - c. Cadets who are medically excused from performing either of the muscular strength/endurance events (push-ups or sit-ups) and are medically excused from the two mile run will take an alternate APFT consisting of either the 10K Bike Test or the 10 Minute Swim Test and the muscular strength/endurance event that the cadet is medically cleared to perform.
3. Cadets who cannot take at least one muscular strength/endurance event (push-ups or sit-ups) and/or one cardiorespiratory event (two mile run, 10K Bike Test, 10 Minute Swim Test) will be declared a No Test.
4. All tests are graded on a 1000 point scale. To compute a score on a two event alternate test, find the corresponding scale scores for the two events performed, compute their average, and add the average score to the total of the two events performed. To be eligible for the incentive points (points above 100) you must max all events taken. Using the APFT conversion table, locate the numerical grade corresponding to the total score. This is the grade for the two event test.

IOCT BRIEFING

THIS BRIEFING IS REQUIRED READING. ENSURE YOU UNDERSTAND ALL OF THE INFORMATION CONTAINED WITHIN THE BRIEFING PRIOR TO TAKING THE IOCT.

1. If you currently have a valid cadet medical excusal from the Surgeon, report to the medical excusal table with your test card and a copy of your excusal.
2. If you are ill or injured and do not possess a current excusal, report to the medical excusal table with your test card.
3. If you are aware of an illness or injury that you have at the start of this test, and elect to take this test, your grade will stand.
4. If you become ill or injured during this test, immediately report the condition to the Testing OIC/Assistant OIC.
5. If you become ill or injured during this test and do not report the condition to the Testing OIC/Assistant OIC, your grade will stand.
6. If you experience a problem or have a question related to your test performance/scores, immediately report to the Testing OIC/Assistant OIC and address the problem/question. Once your test card is turned in at the turn-in table your grade will stand.
7. Turn your test card in only when you are sure that the information annotated on it is correct (i.e., name, ssn, year group, unit, and scores).
8. Check your test card after every event to verify your scores.
9. Taking the IOCT does not authorize you to be late to your next place of duty.
10. The uniform for all cadets, to include cadets with medical excusals, is Gym Alpha with running shoes. The only jewelry authorized is a wristwatch. Wearing of black spandex authorized. Boxer shorts are not authorized in the Gym A uniform.

Indoor Obstacle Course Test



IOCT ALTERNATE TESTS

1. Cadets unable to take a standard IOCT due to a cadet medical excusal will either be scheduled for a makeup test date, will take an alternate test, or will be declared a No Test. Every effort will be made to schedule a cadet for a standard IOCT. If this is not possible, the specific alternate test a cadet will take will be determined by the DPE Testing and Sports Medicine Teams based upon the specific limitations on the cadet medical excusal form. As a last resort, a cadet will be declared a No Test.
2. Alternate test options are as follows:
 - a. For the cadet who possesses a cadet medical excusal that precludes performing the horizontal ladder obstacle but permits performing push-ups, the alternate IOCT will involve the cadet performing 14 push-ups in lieu of performing the horizontal ladder obstacle. All other events of the IOCT will be performed in the appropriate sequence.
 - b. Cadets who are medically excused from performing the IOCT will take an alternate test that consists of either the IOCT 12 Minute Bike Test or a 10 Minute Swim, in conjunction with either push-ups or sit-ups, consistent with the cadet medical excusal. Priority for the muscular strength/endurance events is push-ups and then sit-ups.
3. Cadets who cannot take at least one muscular strength/endurance event (push-ups or sit-ups) or one cardiorespiratory event (IOCT 12 Minute Bike Test, 10 Minute Swim Test) will be declared a No Test.
4. All tests are graded on a 1000 point scale. To compute a score on a two event alternate test, find the corresponding scale scores for the two events performed, compute their average, and add the average score to the total of the two events performed. To be eligible for the incentive points (points above 100) you must max all events taken. Using the APFT conversion table, locate the numerical/letter grade corresponding to the total score. This is the grade for the two event test.

ALTERNATE TEST MATRIX

	Modified Tests	Bike Tests	Swim Tests
APFT	PU + Run	PU+SU + 10K Bike	PU+SU+ 10 Minute Swim
	SU + Run	PU + 10K Bike	PU+10 Minute Swim
	Mod SU + Run	SU + 10K Bike	SU+10 Minute Swim
IOCT	PU instead of Ladder	Mod SU + 10K Bike	Mod SU+10 Minute Swim
		PU + IOCT Bike	PU + 10 Minute Swim
		SU + IOCT Bike	SU + 10 Minute Swim
		Mod SU + IOCT Bike	Mod SU + 10 Minute Swim

SAP cadets will take the 12 Minute Bike Test instead of the 10K bike for their APFT.

IOCT Bike Test: Cadet MUST choose bike resistance. Men can choose 2.5 OR 3.0, Women can choose 2.0 OR 2.5

IMPROVING YOUR APFT AND IOCT PERFORMANCE

Improving your performance on the IOCT and APFT will require work, but some work yields more profit than other work. The below tips are intended to help you WORK SMARTER. You need to carefully analyze your own strengths and weaknesses to ensure work is applied to provide the greatest payoff. Human inclination is to work in areas in which we feel comfortable-yet we need to work on our weaknesses. These tips should help you improve your performance, but they are no substitute for COMMON SENSE. Be careful. Injuring yourself will not help your performance. Use those tips that will help you most. Work hard, but work smart.

Make use of Dr. Ray Wood's Conditioning Manual that is available at the DPE Testing Web Site.

If you have any questions, ask your PDO or DPE Company Guidance Officer. Good luck and train smart!

General tips

Investing in the Future - You will take the APFT twice per year from now until you leave active duty. As a cadet it counts in your PPS grade that counts in your class standing and branch selection. As an officer, it counts heavily in your annual Officer Efficiency Report. The time and energy you give to preparing yourself the first few years will pay rewards the rest of your time in the Army. Get in shape, stay in shape, learn the techniques early, and then reap the rewards for a long time.

There are no "overnight wonders" in physical performance. You cannot pull an "all-nighter", nor take a magic potion to make you fit. Physical performance requires rest between sessions, which means you MUST PLAN AHEAD. Get Additional Instruction if you need it well before the test so you have time to improve. Passing or failing a physical test should never be a surprise. You should have a friend test you observing required standards in practice so that you know where you are well before test time. You should retest the week before the record test (but no closer to the record test), so you can develop the best strategy for success (more on this later). All physical tasks have an integral mental component as well. Within reason, you can train your body to not only pass, but excel at these tests. Mental toughness, perseverance and hard work are needed. There are no secrets that bypass the need for hard work and a positive attitude.

Feeling a little stressed? -

One of the best ways to relieve stress is physical exercise. Plan your study time so that desk-work is broken up by physical activity. You'll feel better, study better, and be in better shape too. That's working smart.

APFT TIPS

Fatigue will hurt your score more quickly than any other factor. Avoid doing things that tax your triceps, shoulders, trapezius, abdominals, quads or gastrocs for 2 days prior to testing (i.e., stop training at least 48 hours before the test). It's too late and more training at this point won't do anything but tire you. Use specificity. For example, to be most successful at sit-ups, don't lift weights - do sit-ups. Run the actual 2 mile course and time your half mile segments, so you can pace yourself and so you know exactly how far you still have to go from anywhere on the course. "Know thyself." Practice your weakest event much, much more than your strongest event.

Use partner-assisted techniques (e.g., do partner-assisted sit-ups so your partner can give you a small bit of assistance after "muscle failure" so you can get an adequate over-load and thus improve). Do push-ups with a partner who will honestly and objectively tell you when you are meeting the standard. Eat only a light meal immediately preceding a test. Warm-up with a couple (and only a couple) of push-ups about 5 min prior to testing. Do the same thing with sit-ups and the run. Since you may be waiting in line for a few minutes, plan ahead. Pace yourself on the run. Your best time will occur if you run each quarter mile at the same pace rather than starting fast then fading badly at the end. Also you will be the one passing others rather than being passed, which will help your enthusiasm for the finish. Pace yourself on the other events also.

Don't waste a lot of time in leaning rest because that takes energy. You can only pace yourself by knowing your capabilities that will only come from the experience of doing the test for yourself several times before doing it for record. Practice with and use proper form for every event. It wastes energy and hurts your morale to do push-ups or sit-ups, which are not going to count for your grade! For push-ups, train yourself to keep your body straight - keep your head up and your glutei and stomach tight to keep your body straight. If you train your body to do them wrong, you'll always do them wrong (muscle memory). Do them slowly and deliberately in practice. If the person administering the test says "NO", then make an obvious, deliberate change in form. Don't waste good energy on bad reps.

If the APFT is scheduled for the afternoon, for the last few weeks try to do your workouts around that same time of day. Do intervals at a pace 5-15 seconds faster than goal pace. For those just trying to pass the APFT, be sure to occasionally run after push-up and sit-up practice in order to mimic the muscle fatigue experienced on APFT day. Set reasonable goals for improvement, and then work on making slow steady progress. Avoid reaching momentary muscle failure while completing the push-up and sit-up portion of the test. When you feel you are near muscle failure, rest for a few seconds in the authorized position then attempt a few additional repetitions. Once you reach absolute muscle failure you will not complete any more repetitions. Try mental practice. Picture yourself obtaining your specific goal of 270 (example) prior to taking the APFT. You need to have a goal prior to taking the test and a strategy of how you plan to obtain the score.

True Example:

A member of USMA '95 was unable to pass the push-ups as a Cow. He got some extra instruction, set a reasonable goal and passed it on retest. He kept up slow improvement and maxed the push-ups as a 2nd Lt. in the Officer's Basic Course.

IOCT TIPS

IOCT Performance Standards are available on the DPE Website at:
http://www-internal.dpe.usma.edu/testing/dpe_testing_office_MAIN.htm

Fatigue will hurt your score more quickly than any other factor. Avoid doing things that tax your triceps, shoulders, trapezius, abdominals, quads or gastrocs for 2 days prior to testing (i.e., stop training 48 hours before the test). It won't do anything but tire you. Technique is extremely important. Practice your weakest obstacles. Get help - use a classmate or a DPE faculty member to help you perfect your technique. Practice until the IOCT becomes automatic - once you get on the shelf, know where will your right hand go, left hand, right foot, left foot, etc. Practice your weakest event much, much more than your strongest event. Do parts of the IOCT in sets on alternating days. For example:

Day 1: 3-5 sets- from the low crawl through the shelf/horizontal bars.

Day 2: 3-5 sets- from the hanging tires to the top of the ropes.

Day 3: 3-5 sets- run 3 laps with the medicine ball only (rest between each lap for twice as long as your run time).

These should be done with proper technique and a buddy. All of the above will allow you to go anaerobic which is how you run the test.

Do an active warm-up for 2-3 minutes followed by stretching prior to running the IOCT for grade. Keep in mind that you may be waiting several minutes before beginning. Try to warm-up a bit while waiting in line. Use partner-assisted techniques (e.g., Do partner-assisted ankles-to-the-bar so your partner can give you a small bit of assistance after "muscle failure"). This will allow adequate over-load and an adequate number of repetitions and thus improvement. Do assisted pull-ups with a partner who can give you assistance in attaining sufficient reps, and sufficient over-load. Run through the entire test a few times to determine your "slow-down" obstacles.

Analyze the situation to devise the solution that works best for you. For example, which rope climb technique gets you to the top quickest when you are already tired? Practice breathing properly throughout the test. Overcome the urge to breathe shallowly during the first few obstacles. Forcibly exhale completely after every two obstacles, which will cause you to take oxygen deep into your lungs. You need as much oxygen going to your muscles as possible when you get to the running track. Work on upper-body endurance. Running 5 miles won't help your IOCT score a bit (though it should help your APFT). Success on the IOCT comes from TECHNIQUE, upper-body endurance, anaerobic fitness, and motivation. Practice the shelf and rope in conjunction with the events that immediately precede them. For example, practice the tires, the vault and the shelf and bars together. Practice transitions. Avoid only practicing the shelf and rope when you're fresh, as this doesn't carry over to the technique you will need to use when you are tired. Choreograph each major segment so that you get the feel of "being in the groove".

Try mental practice. Picture yourself obtaining your specific goal of 2:38 (or 3:35) (for example) prior to taking the IOCT. You need to have a goal prior to taking the test and a strategy of how you plan to obtain the score. You should know your strengths and weaknesses so you can adjust the intensity accordingly so sufficient energy is available for the tougher events. Strategize! - Plan out the most

economical way to deal with mistakes. If you make a mistake at an obstacle, know what to do to correct it in the least amount of time.

Make contingency plans. Part III of the DPE booklet, "Gymnastics Booklet for Cadets" gives good information and tips for the IOCT. Since you spent a good bit of time working on it as a Plebe, why not refresh your skills periodically to keep your grade high? It's just working-smart.

Conclusion: It's up to you to make it happen. Whether you are going for the TAB, or just trying to pass, NO ONE CAN DO IT FOR YOU. There is no substitute for determination, motivation and good work habits. DPE is ready and willing to assist you in maximizing your physical potential. Take advantage of the opportunities Life has afforded you.

Dr. Phil Bishop
DPE Visiting Professor

APFT (MEN'S PUSH-UPS)

NOTE: To be eligible for the incentive points (points above 100) you must max all events you take.

RAW SCORE (REPS)	17-21 POINT SCORE	22-26 POINT SCORE	RAW SCORE (REPS)	17-21 POINT SCORE	22-26 POINT SCORE	RAW SCORE (REPS)	17-21 POINT SCORE	22-26 POINT SCORE
100	125	125	66	93	90	32	46	51
99	125	125	65	92	89	31	45	50
98	125	125	64	90	87	30	43	49
97	125	125	63	89	86	29	42	47
96	125	125	62	88	85	28	41	46
95	124	123	61	86	84	27	39	45
94	123	122	60	85	83	26	38	44
93	122	121	59	83	82	25	37	43
92	121	120	58	82	81	24	35	42
91	120	119	57	81	79	23	34	41
90	119	118	56	79	78	22	32	39
89	118	117	55	78	77	21	31	38
88	117	116	54	77	76	20	30	37
87	116	112	53	75	75	19	28	36
86	115	111	52	74	74	18	27	35
85	114	110	51	72	73	17	26	34
84	113	109	50	71	71	16	24	33
83	112	108	49	70	70	15	23	31
82	111	107	48	68	69	14	21	30
81	110	106	47	67	68	13	20	29
80	109	105	46	66	67	12	19	28
79	108	104	45	64	66	11	17	27
78	107	103	44	63	65	10	16	26
77	106	102	43	61	63	9	14	25
76	105	101	42	60	62	8	13	23
75	104	100	41	59	61	7	12	22
74	103	99	40	57	60	6	10	21
73	102	98	39	56	59	5	9	20
72	101	97	38	54	58	4	0	0
71	100	95	37	53	57	3	0	0
70	99	94	36	52	55	2	0	0
69	97	93	35	50	54	1	0	0
68	96	92	34	49	53			
67	94	91	33	48	52			

APFT (MEN'S SIT-UPS)

NOTE: To be eligible for the incentive points (points above 100) you must max all events you take.

RAW SCORE (REPS)	17-21 POINT SCORE	22-26 POINT SCORE	RAW SCORE (REPS)	17-21 POINT SCORE	22-26 POINT SCORE	RAW SCORE (REPS)	17-21 POINT SCORE	22-26 POINT SCORE
100	125	125	66	81	81	32	26	36
99	124	124	65	79	80	31	25	35
98	122	122	64	78	79	30	23	33
97	120	120	63	76	77	29	22	32
96	118	118	62	74	76	28	20	31
95	117	117	61	73	75	27	18	29
94	116	116	60	71	73	26	17	28
93	115	115	59	70	72	25	15	27
92	114	114	58	68	71	24	14	25
91	113	113	57	66	69	23	12	24
90	112	112	56	65	68	22	10	23
89	111	111	55	63	67	21	9	21
88	110	110	54	62	65	20	0	0
87	109	109	53	60	64	19	0	0
86	108	108	52	58	63	18	0	0
85	107	107	51	57	61	17	0	0
84	106	106	50	55	60	16	0	0
83	105	105	49	54	59	15	0	0
82	104	104	48	52	57	14	0	0
81	103	103	47	50	56	13	0	0
80	102	100	46	49	55	12	0	0
79	101	99	45	47	53	11	0	0
78	100	97	44	46	52	10	0	0
77	98	96	43	44	50	9	0	0
76	97	95	42	42	49	8	0	0
75	95	93	41	41	48	7	0	0
74	94	92	40	39	47	6	0	0
73	92	91	39	38	45	5	0	0
72	90	89	38	36	44	4	0	0
71	89	88	37	34	43	3	0	0
70	87	87	36	33	41	2	0	0
69	86	85	35	31	40	1	0	0
68	84	84	34	30	39			
67	82	83	33	28	37			

APFT (MEN'S TWO MILE RUN)

NOTE: To be eligible for the incentive points (points above 100) you must max all events you take.

RUN TIME	17-21 POINT SCORE	22-26 POINT SCORE	RUN TIME	17-21 POINT SCORE	22-26 POINT SCORE	RUN TIME	17-21 POINT SCORE	22-26 POINT SCORE
11:49-11:54	125	125	15:31-15:36	64	71	19:13-19:18	13	30
11:55-12:00	122	122	15:37-15:42	63	70	19:19-19:24	12	29
12:01-12:06	118	118	15:43-15:48	61	69	19:25-19:30	10	28
12:07-12:12	116	116	15:49-15:54	60	68	19:31-19:36	9	27
12:13-12:18	114	114	15:55-16:00	59	67	19:37-19:42	8	26
12:19-12:24	112	112	16:01-16:06	57	66	19:43-19:48	6	24
12:25-12:30	110	110	16:07-16:12	56	64	19:49-19:54	5	23
12:31-12:36	108	108	16:13-16:18	54	63	19:55-20:00	3	22
12:37-12:42	106	106	16:19-16:24	53	62	20:01-20:06	2	21
12:43-12:48	104	104	16:25-16:30	52	61	20:07-20:12	1	20
12:49-12:54	102	102	16:31-16:36	50	60	20:13-20:18	0	19
12:55-13:00	100	100	16:37-16:42	49	59	20:19-20:24	0	18
13:01-13:06	99	99	16:43-16:48	48	58	20:25-20:30	0	17
13:07-13:12	97	98	16:49-16:54	46	57	20:31-20:36	0	16
13:13-13:18	96	97	16:55-17:00	45	56	20:37-20:42	0	14
13:19-13:24	94	96	17:01-17:06	43	54	20:43-20:48	0	13
13:25-13:30	93	94	17:07-17:12	42	53	20:49-20:54	0	12
13:31-13:36	92	93	17:13-17:18	41	52	20:55-21:00	0	11
13:37-13:42	90	92	17:19-17:24	39	51	21:01-21:06	0	10
13:43-13:48	89	91	17:25-17:30	38	50	21:07-21:12	0	9
13:49-13:54	88	90	17:31-17:36	37	49	21:13-21:18	0	8
13:55-14:00	86	89	17:37-17:42	35	48	21:19-21:24	0	7
14:01-14:06	85	88	17:43-17:48	34	47	21:25-21:30	0	6
14:07-14:12	83	87	17:49-17:54	32	46	21:31-21:36	0	4
14:13-14:18	82	86	17:55-18:00	31	44	21:37-21:42	0	3
14:19-14:24	81	84	18:01-18:06	30	43	21:43-21:48	0	2
14:25-14:30	79	83	18:07-18:12	28	42	21:49-21:54	0	1
14:31-14:36	78	82	18:13-18:18	27	41	21:55 or slower	0	0
14:37-14:42	77	81	18:19-18:24	26	40			
14:43-14:48	75	80	18:25-18:30	24	39			
14:49-14:54	74	79	18:31-18:36	23	38			
14:55-15:00	72	78	18:37-18:42	21	37			
15:01-15:06	71	77	18:43-18:48	20	36			
15:07-15:12	70	76	18:49-18:54	19	34			
15:13-15:18	68	74	18:55-19:00	17	33			
15:19-15:24	67	73	19:01-19:06	16	32			
15:25-15:30	66	72	19:07-19:12	14	31			

APFT (WOMEN'S PUSHUPS)

NOTE: To be eligible for the incentive points (points above 100) you must max all events you take.

RAW SCORE (REPS)	17-21 POINT SCORE	22-26 POINT SCORE	RAW SCORE (REPS)	17-21 POINT SCORE	22-26 POINT SCORE
71	125	125	35	88	85
70	125	124	34	86	83
69	125	123	33	84	82
68	125	122	32	83	81
67	125	121	31	81	79
66	124	120	30	79	78
65	123	119	29	77	77
64	122	118	28	76	75
63	121	117	27	74	74
62	120	116	26	72	72
61	119	115	25	70	71
60	118	114	24	69	70
59	117	113	23	67	68
58	116	112	22	65	67
57	115	111	21	63	66
56	114	110	20	62	64
55	113	109	19	60	63
54	112	108	18	58	61
53	111	107	17	57	60
52	110	106	16	55	59
51	109	105	15	53	57
50	108	104	14	51	56
49	107	103	13	50	54
48	106	102	12	48	52
47	105	101	11	46	50
46	104	100	10	44	49
45	103	99	9	43	49
44	102	97	8	41	48
43	101	96	7	39	46
42	100	94	6	37	45
41	98	93	5	36	43
40	97	92	4	0	0
39	95	90	3	0	0
38	93	89	2	0	0
37	91	88	1	0	0
36	90	86			

APFT (WOMEN'S SIT-UPS)

NOTE: To be eligible for the incentive points (points above 100) you must max all events you take.

RAW SCORE (REPS)	17-21 POINT SCORE	22-26 POINT SCORE	RAW SCORE (REPS)	17-21 POINT SCORE	22-26 POINT SCORE	RAW SCORE (REPS)	17-21 POINT SCORE	22-26 POINT SCORE
100	125	125	66	81	81	32	26	36
99	124	124	65	79	80	31	25	35
98	122	122	64	78	79	30	23	33
97	120	120	63	76	77	29	22	32
96	118	118	62	74	76	28	20	31
95	117	117	61	73	75	27	18	29
94	116	116	60	71	73	26	17	28
93	115	115	59	70	72	25	15	27
92	114	114	58	68	71	24	14	25
91	113	113	57	66	69	23	12	24
90	112	112	56	65	68	22	10	23
89	111	111	55	63	67	21	9	21
88	110	110	54	62	65	20	0	0
87	109	109	53	60	64	19	0	0
86	108	108	52	58	63	18	0	0
85	107	107	51	57	61	17	0	0
84	106	106	50	55	60	16	0	0
83	105	105	49	54	59	15	0	0
82	104	104	48	52	57	14	0	0
81	103	103	47	50	56	13	0	0
80	102	100	46	49	55	12	0	0
79	101	99	45	47	53	11	0	0
78	100	97	44	46	52	10	0	0
77	98	96	43	44	50	9	0	0
76	97	95	42	42	49	8	0	0
75	95	93	41	41	48	7	0	0
74	94	92	40	39	47	6	0	0
73	92	91	39	38	45	5	0	0
72	90	89	38	36	44	4	0	0
71	89	88	37	34	43	3	0	0
70	87	87	36	33	41	2	0	0
69	86	85	35	31	40	1	0	0
68	84	84	34	30	39			
67	82	83	33	28	37			

APFT (WOMEN'S TWO MILE RUN)

NOTE: To be eligible for the incentive points (points above 100) you must max all events you take.

RUN TIME	17-21 POINT SCORE	22-26 POINT SCORE	RUN TIME	17-21 POINT SCORE	22-26 POINT SCORE	RUN TIME	17-21 POINT SCORE	22-26 POINT SCORE
13:01-13:06	125	125	17:19-17:24	78	82	21:37-21:42	26	39
13:07-13:12	124	125	17:25-17:30	77	81	21:43-21:48	25	38
13:13-13:18	123	124	17:31-17:36	76	80	21:49-21:54	24	37
13:19-13:24	122	123	17:37-17:42	75	79	21:55-22:00	22	36
13:25-13:30	121	122	17:43-17:48	73	78	22:01-22:06	21	35
13:31-13:36	120	121	17:49-17:54	72	77	22:07-22:12	20	34
13:37-13:42	119	120	17:55-18:00	71	76	22:13-22:18	19	33
13:43-13:48	118	119	18:01-18:06	70	75	22:19-22:24	18	32
13:49-13:54	117	118	18:07-18:12	68	74	22:25-22:30	16	31
13:55-14:00	116	117	18:13-18:18	67	73	22:31-22:36	15	30
14:01-14:06	115	116	18:19-18:24	66	72	22:37-22:42	14	29
14:07-14:12	114	115	18:25-18:30	65	71	22:43-22:48	13	28
14:13-14:18	113	114	18:31-18:36	64	70	22:49-22:54	12	27
14:19-14:24	112	113	18:37-18:42	62	69	22:55-23:00	10	26
14:25-14:30	111	112	18:43-18:48	61	68	23:01-23:06	9	25
14:31-14:36	110	111	18:49-18:54	60	67	23:07-23:12	8	24
14:37-14:42	109	110	18:55-19:00	59	66	23:13-23:18	7	23
14:43-14:48	108	109	19:01-19:06	58	65	23:18-23:24	5	22
14:49-14:54	107	108	19:07-19:12	56	64	23:25-23:30	4	21
14:55-15:00	106	107	19:13-19:18	55	63	23:31-23:36	3	20
15:01-15:06	105	106	19:19-19:24	54	62	23:37-23:42	2	19
15:07-15:12	104	104	19:25-19:30	53	61	23:43-23:48	1	18
15:13-15:18	103	103	19:31-19:36	52	60	23:49-23:54	0	17
15:19-15:24	102	102	19:37-19:42	50	59	23:55-24:00	0	16
15:25-15:30	101	101	19:43-19:48	49	58	24:01-24:06	0	15
15:31-15:36	100	100	19:49-19:54	48	57	24:07-24:12	0	14
15:37-15:42	99	99	19:55-20:00	47	56	24:13-24:18	0	13
15:43-15:48	98	98	20:01-20:06	45	55	24:18-24:24	0	12
15:49-15:54	96	97	20:07-20:12	44	54	24:25-24:30	0	11
15:55-16:00	95	96	20:13-20:18	43	53	24:31-23:36	0	10
16:01-16:06	94	95	20:19-20:24	42	52	24:37-23:42	0	9
16:07-16:12	93	94	20:25-20:30	41	51	24:43-24:48	0	8
16:13-16:18	92	93	20:31-20:36	39	50	24:49-24:54	0	7
16:19-16:24	90	92	20:37-20:42	38	49	24:55-25:00	0	6
16:25-16:30	89	91	20:43-20:48	37	48	25:01-24:06	0	5
16:31-16:36	88	90	20:49-20:54	36	47	25:07-25:12	0	4
16:37-16:42	87	89	20:55-21:00	35	46	25:13-25:18	0	3
16:43-16:48	85	88	21:01-21:06	33	45	25:18-25:24	0	2
16:49-16:54	84	87	21:07-21:12	32	44	25:25-25:30	0	1
16:55-17:00	83	86	21:13-21:18	31	43	25:31 or slower	0	0
17:01-17:06	82	85	21:19-21:24	30	42			
17:07-17:12	81	84	21:25-21:30	28	41			

17:13-17:18	79	83		21:31-21:36	27	40			
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APFT GRADE CONVERSION TABLE
AY 03-04

	TOTAL POINT SCOR E	GRADE POINT S		TOTAL POINT SCOR E	GRADE POINT S		TOTAL POINT SCOR E	GRADE POINT S		TOTAL POINT SCOR E	GRADE POINT S		TOTAL POINT SCOR E	GRADE POINT S
A+	375	1000		327	925		281	832	D	239	709		190	660
	374	996		326	922	B	280	830		238	706		189	659
	373	994	A	325	920					237	704		188	658
	372	992				B-	279	829		236	702		187	657
	371	990	A-	324	919		278	828		235	700		186	656
	370	988		323	915		277	826		234	699		185	655
	369	986		322	913		276	824		233	698		184	654
	368	984		321	911		275	820		232	697		183	653
	367	982		320	910		274	816		231	696		182	652
	366	968		319	909		273	812		230	695		181	651
	365	966		318	908		272	808		229	695	D	180	650
	364	964		317	907		271	804		228	694			
	363	962		316	906	B-	270	800		227	693	F	179	645
	362	960		315	905					226	692		178	640
	361	970		314	904	C+	269	799		225	691		177	635
	360	968		313	903		268	796		224	690		176	630
	359	966		312	902		267	794		223	690		175	625
	358	964		311	901		266	790		222	689		174	620
	357	962		310	900		265	792		221	688		173	615
	356	960		309	899		264	786		220	687		172	610
	355	958		308	898		263	782		219	686		171	605
	354	956		307	897		262	778		218	685		170	600
	353	954		306	896		261	774		217	685		169	595
	352	952		305	895	C+	260	770		216	684		168	590
	351	951		304	894					215	683		167	580
A+	350	950		303	893	C	259	769		214	682		166	570
				302	892		258	768		213	681		165	560
A	349	949		301	891		257	766		212	680		164	550
	348	947	A-	300	890		256	764		211	679		163	540
	347	946					255	760		210	678		162	530
	346	945	B+	299	889		254	756		209	677		161	520
	345	944		298	887		253	752		208	676		160	510
	344	943		297	886		252	748		207	675		159	470
	343	942		296	884		251	744		206	675		158	450
	342	941		295	882	C	250	740		205	674		157	420
	341	940		294	880					204	673		156	400
	340	939		293	875	C-	249	739		203	672		155	390
	339	938		292	870		248	738		202	671		154	380
	338	937		291	865		247	736		201	670		153	370
	337	936	B+	290	860		246	732		200	670	F	152	350
	336	935					245	728		199	669			
	335	934	B	289	859		244	724		198	668			
	334	933		288	858		243	722		197	667			
	333	932		287	855		242	718		196	666			
	332	931		286	850		241	714		195	665			
	331	930		285	848	C-	240	710		194	664			
	330	929		284	845					193	663			
	329	928		283	840					192	662			
	328	925		282	838					191	661			

THE APFT 10K BIKE TEST

1. The 10K Bike Test (APFT Alternate) consists of push-ups (2 minutes), sit-ups (2 minutes), and a 10K bike event.
2. The test events are performed in the following sequence: push-ups, sit-ups, 10K bike.
3. The test must be completed within one hour after beginning the initial test event. A minimum rest period of 10 minutes must separate test events.
4. Bicycle ergometer resistance is set at 2.0 kps for men and women.

NOTE: To be eligible for the incentive points (points above 100) you must max all events you take.

MEN'S 10K APFT BIKE TEST
Resistance 2.0kp

NOTE: To be eligible for the incentive points (points above 100) you must max all events you take.

17-21	22-26	Points	17-21	22-26	Points
12:35 or faster	13:05 or faster	125	18:16-18:25	18:46-19:05	69
12:36-12:40	13:06-13:10	123	18:26-18:45	19:06-19:15	68
12:41-12:45	13:11-13:15	121	18:46-19:05	19:16-19:35	67
12:46-12:50	13:16-13:20	119	19:06-19:25	19:36-19:55	66
12:51-12:55	13:21-13:25	117	19:26-19:45	19:56-20:15	65
12:56-13:00	13:26-13:30	115	19:46-20:05	20:16-20:35	64
13:01-13:10	13:31-13:40	113	20:06-21:00	20:36-21:30	63
13:11-13:20	13:41-13:50	111	21:01-22:00	21:31-22:30	62
13:21-13:30	13:51-14:00	109	22:01-23:00	22:31-23:30	61
13:31-13:40	14:01-14:10	107	23:01-24:00	23:31-24:30	60
13:41-13:50	14:11-14:20	105	24:01-24:05	24:31-24:35	59
13:51-14:00	14:21-14:30	103	24:06-24:10	24:36-24:40	58
14:01-14:10	14:31-14:40	101	24:11-24:15	24:41-24:45	57
14:11-14:20	14:41-14:50	100	24:16-24:20	24:46-24:50	56
14:21-14:30	14:51-15:00	99	24:21-24:25	24:51-24:55	55
14:31-14:40	15:01-15:10	98	24:26-24:30	24:56-25:00	54
14:41-14:50	15:01-15:20	97	24:31-24:35	25:01-25:05	53
14:51-15:00	15:21-15:30	96	24:36-24:40	25:06-25:10	52
15:01-15:10	15:31-15:40	95	24:41-24:45	25:11-25:15	51
15:11-15:20	15:41-15:50	94	24:46-24:50	25:16-25:20	50
15:21-15:30	15:51-16:00	93	24:51-24:55	25:21-25:25	49
15:31-15:35	16:01-16:05	92	24:56-25:00	25:26-25:30	48
15:36-15:40	16:06-16:10	91	25:01-25:05	25:31-25:35	47
15:41-15:45	16:11-16:15	90	25:06-25:10	25:36-25:40	46
15:46-15:50	16:16-16:20	89	25:11-25:15	25:41-25:45	45
15:51-15:55	16:21-16:15	88	25:16-25:20	25:46-25:50	44
15:56-16:00	16:16-16:30	87	25:21-25:25	25:51-25:55	43
16:01-16:05	16:31-16:35	86	25:26-25:30	25:56-26:00	42
16:06-16:10	16:36-16:40	85	25:31-25:35	26:01-26:05	41
16:11-16:15	16:41-16:45	84	25:36-25:40	26:06-26:10	40
16:16-16:20	16:46-16:50	83	25:41-25:45	26:11-26:15	39
16:21-16:25	16:51-16:55	82	25:46-25:50	26:16-26:20	38
16:26-16:30	16:56-17:00	81	25:51-25:55	26:21-26:25	37
16:31-16:35	17:01-17:05	80	25:56-26:00	26:26-26:30	36
16:36-16:45	17:06-17:15	79	26:01-26:05	26:31-26:35	35
16:46-16:55	17:16-17:25	78	26:06-26:10	26:36-26:40	34
16:56-17:05	17:26-17:35	77	26:11-26:15	26:41-26:45	33
17:06-17:15	17:36-17:45	76	26:16-26:20	26:46-26:50	32
17:16-17:25	17:46-17:55	75	26:21-26:25	26:51-26:55	31
17:26-17:35	17:56-18:05	74	26:26-26:30	26:56-27:00	30
17:36-17:45	18:06-18:15	73	26:31-27:00	27:01-27:30	20
17:46-17:55	18:16-18:25	72	27:01-28:00	27:31-28:30	10
17:56-18:05	18:26-18:35	71	28:01 or slower	28:31 or slower	0
18:06-18:15	18:36-18:45	70			

WOMEN'S 10K APFT BIKE TEST
Resistance 2.0kp

NOTE: To be eligible for the incentive points (points above 100) you must max all events you take.

17-21	22-26	Points	17-21	22-26	Points
13:35 or faster	14:05 or faster	125	19:16-19:25	19:46-20:05	69
13:36-13:40	14:06-14:10	123	19:26-19:45	20:06-20:15	68
13:41-13:45	14:11-14:15	121	19:46-20:05	20:16-20:35	67
13:46-13:50	14:16-14:20	119	20:06-20:25	20:36-20:55	66
13:51-13:55	14:21-14:25	117	20:26-20:45	20:56-21:15	65
13:56-14:00	14:26-14:30	115	20:46-21:05	21:16-21:35	64
14:01-14:10	14:31-14:40	113	21:06-22:00	21:36-22:30	63
14:11-14:20	14:41-14:50	111	22:01-23:00	22:31-23:30	62
14:21-14:30	14:51-15:00	109	23:01-24:00	23:31-24:30	61
14:31-14:40	15:01-15:10	107	24:01-25:00	24:31-25:30	60
14:41-14:50	15:11-15:20	105	25:01-25:05	25:31-25:35	59
14:51-15:00	15:21-15:30	103	25:06-25:10	25:36-25:40	58
15:01-15:10	15:31-15:40	101	25:11-25:15	25:41-25:45	57
15:11-15:20	15:41-15:50	100	25:16-25:20	25:46-25:50	56
15:21-15:30	15:51-16:00	99	25:21-25:25	25:51-25:55	55
15:31-15:40	16:01-16:10	98	25:26-25:30	25:56-26:00	54
15:41-15:50	16:01-16:20	97	25:31-25:35	26:01-26:05	53
15:51-16:00	16:21-16:30	96	25:36-25:40	26:06-26:10	52
16:01-16:10	16:31-16:40	95	25:41-25:45	26:11-26:15	51
16:11-16:20	16:41-16:50	94	25:46-25:50	26:16-26:20	50
16:21-16:30	16:51-17:00	93	25:51-25:55	26:21-26:25	49
16:31-16:35	17:01-17:05	92	25:56-26:00	26:26-26:30	48
16:36-16:40	17:06-17:10	91	26:01-26:05	26:31-26:35	47
16:41-16:45	17:11-17:15	90	26:06-26:10	26:36-26:40	46
16:46-16:50	17:16-17:20	89	26:11-26:15	26:41-26:45	45
16:51-16:55	17:21-17:15	88	26:16-26:20	26:46-26:50	44
16:56-17:00	17:16-17:30	87	26:21-26:25	26:51-26:55	43
17:01-17:05	17:31-17:35	86	26:26-26:30	26:56-27:00	42
17:06-17:10	17:36-17:40	85	26:31-26:35	27:01-27:05	41
17:11-17:15	17:41-17:45	84	26:36-26:40	27:06-27:10	40
17:16-17:20	17:46-17:50	83	26:41-26:45	27:11-27:15	39
17:21-17:25	17:51-17:55	82	26:46-26:50	27:16-27:20	38
17:26-17:30	17:56-18:00	81	26:51-26:55	27:21-27:25	37
17:31-17:35	18:01-18:05	80	26:56-27:00	27:26-27:30	36
17:36-17:45	18:06-18:15	79	27:01-27:05	27:31-27:35	35
17:46-17:55	18:16-18:25	78	27:06-27:10	27:36-27:40	34
17:56-18:05	18:26-18:35	77	27:11-27:15	27:41-27:45	33
18:06-18:15	18:36-18:45	76	27:16-27:20	27:46-27:50	32
18:16-18:25	18:46-18:55	75	27:21-27:25	27:51-27:55	31
18:26-18:35	18:56-19:05	74	27:26-27:30	27:56-28:00	30
18:36-18:45	19:06-19:15	73	27:31-28:00	28:01-28:30	20
18:46-18:55	19:16-19:25	72	28:01-29:00	28:31-29:30	10
18:56-19:05	19:26-19:35	71	29:01 or slower	29:31 or slower	0
19:06-19:15	19:36-19:45	70			

THE SELECTED ATHLETE APFT 12 MINUTE BIKE TEST

1. The 12 Minute Bike Test (SAP APFT) consists of push-ups (2 minutes), sit-ups (2 minutes), and a 12 minute bike event.
2. The test events are performed in the following sequence: push-ups, sit-ups, 12 minute bike.
3. The test must be completed within one hour after beginning the initial test event. A minimum rest period of 10 minutes must separate test events.
4. Cadets will be weighed by a DPE Instructor prior to executing the initial test event.
5. Bicycle ergometer resistance is set at 2.5 kps for men and 2.0 kps for women.
6. The formula to convert kilometers to revolutions for the bike test is:

$$((K*100)/6)+16=\text{Revolutions}$$

7. The score on the bike event is determined using the following formulas:

MEN

$$\text{Score} = -.40(\text{weight}) + .09(\text{revolutions}) + 75.3$$

WOMEN

$$\text{Score} = -.74(\text{weight}) + .10(\text{revolutions}) + 90.6$$

NOTE: To be eligible for the incentive points (points above 100) you must max all events you take.

THE APFT 12 MINUTE BIKE TEST
(MEN- SELECTED ATHLETES ONLY)

NOTE: To be eligible for the incentive points (points above 100) you must max all events you take.

KM	WEIGHT (LBS)																		
	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280
11.9	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125
11.6	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125
11.3	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125
11.0	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125
10.7	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125
10.4	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	121
10.1	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	124	120
9.8	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	124	120	116
9.5	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	123	119	115	111
9.2	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	123	119	115	107
8.9	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	122	118	114	110
8.6	125	125	125	125	125	125	125	125	125	125	125	125	125	125	122	118	114	110	106
8.3	125	125	125	125	125	125	125	125	125	125	125	121	117	113	109	105	101	97	93
8.0	125	125	125	125	125	125	125	125	125	125	125	121	117	113	109	105	101	97	93
7.7	125	125	125	125	125	125	125	125	124	120	116	112	108	104	100	96	92	88	84
7.4	125	125	125	125	125	125	124	120	116	112	108	104	100	96	92	88	84	80	76
7.1	125	125	125	125	125	123	119	115	111	107	103	99	95	91	87	83	79	75	71
6.8	125	125	125	125	123	119	115	111	107	103	99	95	91	87	83	79	75	71	67
6.5	125	125	125	122	118	114	110	106	102	98	94	90	86	82	78	74	70	66	62
6.2	125	125	122	118	114	110	106	102	98	94	90	86	82	78	74	70	66	62	58
5.9	125	121	117	113	109	105	101	97	93	89	85	81	77	73	69	65	61	57	53
5.6	121	117	113	109	105	101	97	93	89	85	81	77	73	69	65	61	57	53	49
5.3	116	112	108	104	100	96	92	88	84	80	76	72	68	64	60	56	52	48	44
5.0	112	108	104	100	96	92	88	84	80	76	72	68	64	60	56	52	48	44	40
4.7	107	103	99	95	91	87	83	79	75	71	67	63	59	55	51	47	43	39	35
4.4	103	99	95	91	87	83	79	75	71	67	63	59	55	51	47	43	39	35	31
4.1	98	94	90	86	82	78	74	70	66	62	58	54	50	46	42	38	34	30	26
3.8	94	90	86	82	78	74	70	66	62	58	54	50	46	42	38	34	30	26	22
3.5	89	85	81	77	73	69	65	61	57	53	49	45	41	37	33	29	25	21	17
3.2	85	81	77	73	69	65	61	57	53	49	45	41	37	33	29	25	21	17	13
2.9	80	76	72	68	64	60	56	52	48	44	40	36	32	28	24	20	16	12	8
2.6	76	72	68	64	60	56	52	48	44	40	36	32	28	24	20	16	12	8	4
2.3	71	67	63	59	55	51	47	43	39	35	31	27	23	19	15	11	7	3	0
2.0	67	63	59	55	51	47	43	39	35	31	27	23	19	15	11	7	3	0	0
1.7	62	58	54	50	46	42	38	34	30	26	22	18	14	10	6	2	0	0	0
1.4	58	54	50	46	42	38	34	30	26	22	18	14	10	6	2	0	0	0	0

Kilometer Conversion

$$(K \times 1000)/6 + 16 = \text{Revolutions}$$

Actual score determined by the following formula:

$$\text{Score} = -.40(\text{WGT}) + .09(\text{REV}) + 75.3$$

THE APFT 12 MINUTE BIKE TEST
(WOMEN-SELECTED ATHLETES ONLY)

NOTE: To be eligible for the incentive points (points above 100) you must max all events you take.

KM	WEIGHT (LBS)												
	80	90	100	110	120	130	140	150	160	170	180	190	200
8.9	125	125	125	125	125	125	125	125	122	115	107	100	93
8.6	125	125	125	125	125	125	125	125	117	110	102	95	88
8.3	125	125	125	125	125	125	125	120	112	105	97	90	83
8.0	125	125	125	125	125	125	122	115	107	100	92	85	78
7.7	125	125	125	125	125	124	117	110	102	95	87	80	73
7.4	125	125	125	125	125	119	112	105	97	90	82	75	68
7.1	125	125	125	125	122	114	107	100	92	85	77	70	63
6.8	125	125	125	124	117	109	102	95	87	80	72	65	58
6.5	125	125	125	119	112	104	97	90	82	75	67	60	53
6.2	125	125	122	114	107	99	92	85	77	70	62	55	48
5.9	125	124	117	109	102	94	87	80	72	65	57	50	43
5.6	125	119	112	104	97	89	82	75	67	60	52	45	38
5.3	121	114	107	99	92	84	77	70	62	55	47	40	33
5.0	116	109	102	94	87	79	72	65	57	50	42	35	28
4.7	111	104	97	89	82	74	67	60	52	45	37	30	23
4.4	106	99	92	84	77	69	62	55	47	40	32	25	18
4.1	101	94	87	79	72	64	57	50	42	35	27	20	13
3.8	96	89	82	74	67	59	52	45	37	30	22	15	8
3.5	91	84	77	69	62	54	47	40	32	25	17	10	3
3.2	86	79	72	64	57	49	42	35	27	20	12	5	0
2.9	81	74	67	59	52	44	37	30	22	15	7	0	0
2.6	76	69	62	54	47	39	32	25	17	10	2	0	0
2.3	71	64	57	49	42	34	27	20	12	5	0	0	0
2.0	66	59	52	44	37	29	22	15	7	0	0	0	0
1.7	61	54	47	39	32	24	17	10	2	0	0	0	0

Kilometer Conversion
 $((K * 1000)/6) + 16 = \text{Revolutions}$

Actual score determined by the following formula:

$$\text{Score} = -.74(\text{WGT}) + .10(\text{REV}) + 90.6$$

THE APFT 10 MINUTE SWIM TEST
(YARDS)

NOTE: To be eligible for the incentive points (points above 100) you must max all events you take.

POINT SCORE	ADVANCE D	HIGH INT	LOW INT	BEGINNER		POINT SCORE	ADVANCE D	HIGH INT	LOW INT	BEGINNER
125	≥750	≥630	≥575	≥460		84	565-569	494-497	443-446	349-351
124	748-749	627-629	571-574	457-459		83	560-564	491-493	439-442	346-348
123	745-747	624-626	569-570	454-456		82	555-559	488-490	436-438	344-345
122	742-744	621-623	566-568	451-453		81	550-554	485-487	433-435	341-343
121	739-741	619-620	563-565	449-450		80	545-549	482-484	430-432	338-340
120	736-738	616-618	560-562	446-448		79	540-544	477-481	426-429	334-337
119	733-735	613-615	557-559	443-445		78	535-539	474-476	423-425	331-333
118	730-732	610-612	554-556	440-442		77	531-534	471-473	420-422	329-330
117	727-729	607-609	551-553	437-439		76	526-530	468-470	417-419	327-328
116	724-726	604-606	549-550	434-436		75	522-525	465-467	414-416	325-326
115	721-723	601-603	546-548	431-433		74	518-521	461-464	411-413	322-324
114	718-720	598-600	543-545	428-430		73	514-517	459-460	408-410	319-321
113	715-717	595-597	540-542	425-427		72	510-513	456-458	406-407	316-318
112	712-714	592-594	537-539	422-424		71	506-509	453-455	404-405	314-315
111	709-711	589-591	534-536	419-421		70	502-505	450-452	402-403	312-313
110	706-708	586-588	531-533	416-418		69	496-501	446-449	398-401	306-311
109	703-705	583-585	528-530	413-415		68	490-495	442-445	394-397	300-305
108	700-702	580-582	525-527	410-412		67	485-489	439-441	391-393	294-299
107	697-699	577-579	522-524	407-409		66	480-484	435-438	389-390	288-293
106	693-696	573-576	520-521	405-406		65	472-479	428-434	384-388	280-287
105	690-692	569-572	518-519	402-404		64	464-471	422-427	380-383	273-279
104	687-689	566-568	516-517	400-401		63	458-463	416-421	376-379	265-272
103	683-686	562-565	514-515	397-399		62	450-457	410-415	372-375	257-264
102	680-682	558-561	512-513	395-396		61	446-449	406-409	368-371	253-256
101	674-679	553-557	508-511	391-394		60	442-445	402-405	364-367	249-252
100	668-673	550-552	504-507	389-390		59	438-441	398-401	360-363	245-248
99	663-667	547-549	501-503	387-388		58	434-437	394-397	356-359	241-244
98	658-662	544-546	498-500	385-386		57	430-433	390-393	352-355	237-240
97	653-657	541-543	495-497	382-384		56	426-429	386-389	348-351	233-236
96	647-652	538-540	492-494	380-381		55	422-425	382-385	344-347	229-232
95	640-646	533-537	487-491	376-379		54	418-421	378-381	340-343	225-228
94	634-639	530-532	484-486	373-375		53	414-417	374-377	336-339	221-224
93	627-633	527-529	481-483	370-372		52	410-413	370-373	332-335	217-220
92	621-626	524-526	478-480	367-369		51	406-409	366-369	328-331	213-216
91	614-620	521-523	475-477	365-366		50	402-405	362-365	324-327	209-212
90	607-613	518-520	472-474	363-364		49	398-401	358-361	320-323	205-208
89	599-606	514-517	467-471	360-362		48	394-397	354-357	316-319	201-204
88	591-598	509-513	462-466	358-359		47	390-393	350-353	312-315	197-200
87	584-590	505-508	457-461	356-357		46	386-389	346-349	308-311	193-196
86	577-583	502-504	452-456	354-355		45	≤385	≤345	≤307	≤192
85	570-576	498-501	447-451	352-353						

IOCT SCALES (MEN)

*Letter Grade	Raw Score (Time)	Scaled Score	*Letter Grade	Raw Score (Time)	Scaled Score
A+	2:13 or faster	1000	C	2:55	768
	2:14	996		2:56-2:57	762
	2:15-2:16	994		2:58	758
	2:17-2:18	992		2:59-3:00	750
	2:19-2:20	988	C	3:01	740
	2:21	980			
	2:22	978	C-	3:02-3:03	734
	2:23	974		3:04-3:06	726
	2:24	968		3:07-3:10	718
	2:25	960	C-	3:11-3:13	710
A+	2:26	954			
			D	3:14-3:21	690
A	2:27	948		3:22-3:29	680
	2:28	944	D	3:30	650
	2:29	940			
	2:30	936	*F	3:31	640
	2:31	932		3:32	630
	2:32	926		3:33	620
A	2:33	920		3:34-3:35	610
				3:36-3:37	600
A-	2:34	914		3:38-3:39	590
	2:35	908		3:40-3:45	576
	2:36	902		3:46-3:48	568
	2:37	896		3:49-3:51	560
A-	2:38	890		3:52-3:57	550
				3:58-4:01	540
B+	2:39	884		4:02-4:08	530
	2:40	872		4:09-4:13	520
B+	2:41	860		4:14-4:23	510
				4:24-4:27	490
B	2:42	848		4:28-4:31	480
	2:43	836		4:32-4:37	470
B	2:44	830		4:38-4:40	460
				4:41-4:43	450
B-	2:45	824		4:44-4:47	440
	2:46	818		4:48-4:51	430
	2:47	812		4:52-4:55	420
	2:48	806		4:56-5:10	410
B-	2:49	800		5:11-5:13	380
				5:14-5:20	370
C+	2:50	794	F	5:21 or slower	350
	2:51	788			
	2:52	782			
	2:53	776			
C+	2:54	770			

-Maximum score for a two event failure is a 400/F.

-Maximum score for a cargo net failure is a 350/F.

SAP IOCT SCALES (MEN)

AY2003-2004

*Letter Grade	Raw Score (Time)	Scaled Score		*Letter Grade	Raw Score (Time)	Scaled Score
A+	2:13 or faster	1000		C	4:21	768
	2:14	996			4:22-4:28	762
	2:15-2:16	994			4:29-4:34	758
	2:17-2:18	992			4:35-4:39	750
	2:19-2:33	988		C	4:40	740
	2:34	980				
	2:35	978		C-	4:41-4:49	734
	2:36	974			4:50-4:58	726
	2:37	968			4:59-5:07	718
	2:38	960		C-	5:08-5:14	710
A+	2:39	954				
				D	5:15-5:36	690
A	2:40-2:42	948			5:37-5:55	680
	2:43-2:44	944		D	5:56-6:15	650
	2:45-2:46	940				
	2:47	936		*F	6:16	640
	2:48	932			6:17	630
	2:47	926			6:18	620
A	2:50	920			6:19-6:20	610
					6:21-6:22	600
A-	2:51-2:53	914			6:23-6:24	590
	2:54-2:56	908			6:25-6:30	576
	2:57-2:58	902			6:31-6:33	568
	2:59	896			6:34-6:36	560
A-	3:00	890			6:37-6:42	550
					6:43-6:46	540
B+	3:01-3:09	884			6:47-6:53	530
	3:10-3:19	872			6:54-6:58	520
B+	3:20	860			6:59-7:08	510
					7:09-7:12	490
B	3:21-3:30	848			7:13-7:16	480
	3:31-3:39	836			7:17-7:22	470
B	3:40	830			7:23-7:25	460
					7:26-7:28	450
B-	3:41-3:44	824			7:29-7:32	440
	3:45-3:50	818			7:33-7:36	430
	3:51-3:54	812			7:37-7:40	420
	3:55-3:59	806			7:41-7:55	410
B-	4:00	800			7:56-7:58	380
					7:59-8:05	370
C+	4:01	794		F	8:06 or slower	350
	4:02-4:08	788				
	4:09-4:15	782				
	4:16-4:19	776				
C+	4:20	770				

-Maximum score for a cargo net failure is a 350/F.

IOCT SCALES (WOMEN)

*Letter Grade	Raw Score (Time)	Scaled Score	*Letter Grade	Raw Score (Time)	Scaled Score
A+	2:54 or faster	1000	C	4:25-4:36	758
	2:55-2:59	980		4:37-4:41	750
	3:00-3:05	960		4:42-4:49	742
A+	3:06-3:11	950	C	4:50-4:54	740
A	3:12-3:16	946	C-	4:55-4:59	726
	3:17-3:20	944		5:00-5:12	718
A	3:21-3:23	920	C-	5:13-5:17	710
A-	3:24-3:30	908	D	5:18-5:20	686
A-	3:31-3:35	902		5:21-5:23	668
			D	5:24-5:29	650
B+	3:36-3:39	884			
	3:40-3:43	874	*F	5:30-5:36	644
B+	3:44-3:47	864		5:37-5:43	630
				5:44-5:49	602
B	3:48-3:51	856		5:50-5:57	574
	3:52-3:59	844		5:58-6:04	546
B	4:00-4:01	832		6:05-6:11	518
				6:12-6:17	490
B-	4:02-4:03	824		6:18-6:24	462
B-	4:04-4:06	804		6:25-6:31	434
				6:32-6:38	406
C+	4:07-4:11	796		6:39-6:45	378
	4:12-4:17	780		6:46 or slower	350
C+	4:18-4:24	772			

-Maximum score for a two event failure is a 400/F.

-Maximum score for a cargo net failure is a 350/F.

36
SAP IOCT SCALES(WOMEN)

Letter Grade	Raw Score (Time)	Scaled Score	Letter Grade	Raw Score (Time)	Scaled Score
A+	2:54 or faster	1000	C	4:25-4:36	758
	2:55-2:59	980		4:37-4:41	750
	3:00-3:05	960		4:42-4:49	742
A+	3:06-3:11	950	C	4:50-4:54	740
A	3:12-3:16	946	C-	4:55-4:59	726
	3:17-3:20	944		5:00-5:12	718
A	3:21-3:23	920	C-	5:13-5:17	710
A-	3:24-3:30	908	D	5:18-5:20	686
A-	3:31-3:35	902		5:21-5:23	668
			D	5:24-8:14	650
B+	3:36-3:39	884			
	3:40-3:43	874	*F	8:15-8:21	644
B+	3:44-3:47	864		8:22-8:28	630
				8:29-8:34	602
B	3:48-3:51	856		8:35-8:42	574
	3:52-3:59	844		8:43-8:49	546
B	4:00-4:01	832		8:50-8:56	518
				8:57-9:02	490
B-	4:02-4:03	824		9:03-9:09	462
B-	4:04-4:06	804		9:10-9:16	434
				9:17-9:23	406
C+	4:07-4:11	796		9:24-9:30	378
	4:12-4:17	780		9:31 or slower	350
C+	4:18-4:24	772			

*Maximum score for a cargo net failure is a 350/F.

THE IOCT 12 MINUTE BIKE TEST

1. The 12 Minute Bike Test (IOCT Alternate) consists of push-ups (2 minutes) OR sit-ups (2 minutes), and a 12 minute bike event.
2. The test events are performed in the following sequence: push-ups OR sit-ups, 12 minute bike.
3. The test must be completed within one hour after beginning the initial test event. A minimum rest period of 10 minutes must separate test events.
4. Cadets will be weighed by a DPE Instructor prior to executing the initial test event.
5. Cadets will choose Bicycle ergometer resistance themselves. Men can choose 2.5 kps or 3.0 kps. Women can choose 2.0 kps or 2.5 kps.
6. The formula to convert kilometers to revolutions for the bike test is:

$$((K*1000)/6)+16=\text{Revolutions}$$

7. The score on the bike event is determined using the following formulas:

MEN
2.5 resistance
Score = (((revolutions)-((2.243*weight)+622.89))/139)*10+73

3.0 resistance
Score=(formula for 2.5 resistance)*(3/2.5)

WOMEN
2.0 resistance
Score = (((revolution)-((3.4156*weight)+478.17))/130.7464)*10+73

2.5 resistance
Score=(formula for 2.0 resistance)*(2.5/2)

NOTE: To be eligible for the incentive points (points above 100) you must max all events you take.

**IOCT 12 MINUTE BIKE
MEN**

NOTE: To be eligible for the incentive points (points above 100) you must max all events you take.

Resistance																										
	2.5 3.0		2.5 3.0		2.5 3.0		2.5 3.0		2.5 3.0		2.5 3.0		2.5 3.0		2.5 3.0											
	Weight																									
KM	120	120	130	130	140	140	150	150	160	160	170	170	180	180	190	190	200	200	210	210	220	220	280	280		
11.3	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	120	125		
11.0	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	116	125		
10.7	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	112	125		
10.4	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	123	125	122	125	120	125	119	125	109	125	
10.1	125	125	125	125	125	125	125	125	125	125	123	125	121	125	120	125	118	125	117	125	115	125	105	125		
9.8	125	125	125	125	124	125	123	125	121	125	119	125	118	125	116	125	115	125	113	125	111	125	102	122		
9.5	124	125	122	125	121	125	119	125	117	125	116	125	114	125	113	125	111	125	109	125	108	125	98	118		
9.2	120	125	119	125	117	125	115	125	114	125	112	125	111	125	109	125	107	125	106	125	104	125	95	113		
8.9	117	125	115	125	114	125	112	125	110	125	109	125	107	125	105	125	104	125	102	123	101	121	91	109		
8.6	113	125	112	125	110	125	108	125	107	125	105	125	103	124	102	122	100	120	99	118	97	116	87	105		
8.3	110	125	108	125	106	125	105	125	103	124	101	122	100	120	98	118	97	116	95	114	93	112	84	100		
8.0	106	125	104	125	103	123	101	121	99	119	98	117	96	116	95	114	93	112	91	110	90	108	80	96		
7.7	102	123	101	121	99	119	98	117	96	115	94	113	93	111	91	109	89	107	88	105	86	103	77	92		
7.4	99	119	97	117	96	115	94	113	92	111	91	109	89	107	87	105	86	103	84	101	83	99	73	88		
7.1	95	114	94	112	92	110	90	108	89	106	87	105	85	103	84	101	82	99	81	97	79	95	69	83		
6.8	92	110	90	108	88	106	87	104	85	102	83	100	82	98	80	96	79	94	77	92	75	91	66	79		
6.5	88	106	86	104	85	102	83	100	82	98	80	96	78	94	77	92	75	90	73	88	72	86	62	75		
6.2	84	101	83	99	81	97	80	95	78	93	76	92	75	90	73	88	71	86	70	84	68	82	59	70		
5.9	81	97	79	95	78	93	76	91	74	89	73	87	71	85	69	83	68	81	66	79	65	78	55	66		
5.6	77	93	76	91	74	89	72	87	71	85	69	83	67	81	66	79	64	77	63	75	61	73	51	62		
5.3	74	88	72	86	70	84	69	82	67	81	66	79	64	77	62	75	61	73	59	71	57	69	48	57		
5.0	70	84	68	82	67	80	65	78	64	76	62	74	60	72	59	70	57	68	55	67	54	65	44	53		
4.7	66	80	65	78	63	76	62	74	60	72	58	70	57	68	55	66	53	64	52	62	50	60	41	49		
4.4	63	75	61	73	60	71	58	70	56	68	55	66	53	64	51	62	50	60	48	58	47	56	37	44		
4.1	59	71	58	69	56	67	54	65	53	63	51	61	50	59	48	57	46	56	45	54	43	52	33	40		
3.8	56	67	54	65	52	63	51	61	49	59	48	57	46	55	44	53	43	51	41	49	39	47	30	36		
3.5	52	62	50	60	49	59	47	57	46	55	44	53	42	51	41	49	39	47	37	45	36	43	26	31		
3.2	48	58	47	56	45	54	44	52	42	50	40	48	39	46	37	45	35	43	34	41	32	39	23	27		
2.9	45	54	43	52	42	50	40	48	38	46	37	44	35	42	33	40	32	38	30	36	29	34	19	23		
2.6	41	49	40	47	38	46	36	44	35	42	33	40	32	38	30	36	28	34	27	32	25	30	15	18		
2.3	38	45	36	43	34	41	33	39	31	37	30	35	28	34	26	32	25	30	23	28	21	26	12	14		
2.0	34	41	32	39	31	37	29	35	28	33	26	31	24	29	23	27	21	25	19	23	18	21	8	10		
1.7	30	36	29	35	27	33	26	31	24	29	22	27	21	25	19	23	17	21	16	19	14	17	5	6		
1.4	27	32	25	30	24	28	22	26	20	24	19	22	17	21	16	19	14	17	12	15	11	13	1	1		
1.1	23	28	22	26	20	24	18	22	17	20	15	18	14	16	12	14	10	12	9	10	7	8	0	0		

Kilometer Conversion
((K*1000)/6)+16=Revolutions

**IOCT 12 MINUTE BIKE
WOMEN**

NOTE: To be eligible for the incentive points (points above 100) you must max all events you take.

Resistance																				
	2.0	2.5	2.0	2.5	2.0	2.5	2.0	2.5	2.0	2.5	2.0	2.5	2.0	2.5	2.0	2.5	2.0	2.5	2.0	2.5
KM	100	100	110	110	120	120	130	130	140	140	150	150	160	160	170	170	180	180	190	190
10.7	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	124	125
10.4	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	121	125
10.1	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	123	125	117	125
9.8	125	125	125	125	125	125	125	125	125	125	123	125	121	125	118	125	116	125	113	125
9.5	125	125	125	125	125	125	125	125	122	125	120	125	117	125	114	125	112	125	109	125
9.2	125	125	125	125	124	125	121	125	118	125	116	125	113	125	111	125	108	125	105	125
8.9	125	125	122	125	120	125	117	125	115	125	112	125	109	125	107	125	104	125	102	125
8.6	121	125	119	125	116	125	113	125	111	125	108	125	106	125	103	125	100	125	98	122
8.3	117	125	115	125	112	125	110	125	107	125	104	125	102	125	99	124	96	121	94	117
8.0	114	125	111	125	108	125	106	125	103	125	100	125	98	122	95	119	93	116	90	113
7.7	110	125	107	125	105	125	102	125	99	124	97	121	94	118	91	114	89	111	86	108
7.4	106	125	103	125	101	125	98	123	95	119	93	116	90	113	88	110	85	106	82	103
7.1	102	125	99	124	97	121	94	118	92	115	89	111	86	108	84	105	81	101	79	98
6.8	98	123	96	120	93	116	90	113	88	110	85	106	83	103	80	100	77	97	75	93
6.5	94	118	92	115	89	112	87	108	84	105	81	102	79	98	76	95	74	92	71	89
6.2	91	113	88	110	85	107	83	103	80	100	78	97	75	94	72	90	70	87	67	84
5.9	87	108	84	105	82	102	79	99	76	95	74	92	71	89	69	86	66	82	63	79
5.6	83	104	80	100	78	97	75	94	73	91	70	87	67	84	65	81	62	78	59	74
5.3	79	99	77	96	74	92	71	89	69	86	66	83	63	79	61	76	58	73	56	70
5.0	75	94	73	91	70	88	67	84	65	81	62	78	60	75	57	71	54	68	52	65
4.7	71	89	69	86	66	83	64	80	61	76	58	73	56	70	53	67	51	63	48	60
4.4	68	85	65	81	62	78	60	75	57	72	55	68	52	65	49	62	47	58	44	55
4.1	64	80	61	77	59	73	56	70	53	67	51	63	48	60	46	57	43	54	40	50
3.8	60	75	57	72	55	68	52	65	50	62	47	59	44	55	42	52	39	49	37	46
3.5	56	70	54	67	51	64	48	60	46	57	43	54	41	51	38	47	35	44	33	41
3.2	52	65	50	62	47	59	45	56	42	52	39	49	37	46	34	43	31	39	29	36
2.9	49	61	46	57	43	54	41	51	38	48	35	44	33	41	30	38	28	35	25	31
2.6	45	56	42	53	39	49	37	46	34	43	32	40	29	36	26	33	24	30	21	27
2.3	41	51	38	48	36	45	33	41	30	38	28	35	25	32	23	28	20	25	17	22
2.0	37	46	34	43	32	40	29	37	27	33	24	30	21	27	19	23	16	20	14	17
1.7	33	42	31	38	28	35	25	32	23	28	20	25	18	22	15	19	12	15	10	12
1.4	29	37	27	34	24	30	22	27	19	24	16	20	14	17	11	14	9	11	6	7
1.1	26	32	23	29	20	25	18	22	15	19	13	16	10	12	7	9	5	6	2	3

Kilometer Conversion
 $((K * 1000) / 6) + 16 = \text{Revolutions}$

THE IOCT 10 MINUTE SWIM TEST
(YARDS)

NOTE: To be eligible for the incentive points (points above 100) you must max all events you take.

POINT SCORE	ADVANCE D	HIGH INT	LOW INT	BEGINNER	POINT SCORE	ADVANCE D	HIGH INT	LOW INT	BEGINNER
125	≥750	≥630	≥575	≥460	84	565-569	494-497	443-446	349-351
124	748-749	627-629	571-574	457-459	83	560-564	491-493	439-442	346-348
123	745-747	624-626	569-570	454-456	82	555-559	488-490	436-438	344-345
122	742-744	621-623	566-568	451-453	81	550-554	485-487	433-435	341-343
121	739-741	619-620	563-565	449-450	80	545-549	482-484	430-432	338-340
120	736-738	616-618	560-562	446-448	79	540-544	477-481	426-429	334-337
119	733-735	613-615	557-559	443-445	78	535-539	474-476	423-425	331-333
118	730-732	610-612	554-556	440-442	77	531-534	471-473	420-422	329-330
117	727-729	607-609	551-553	437-439	76	526-530	468-470	417-419	327-328
116	724-726	604-606	549-550	434-436	75	522-525	465-467	414-416	325-326
115	721-723	601-603	546-548	431-433	74	518-521	461-464	411-413	322-324
114	718-720	598-600	543-545	428-430	73	514-517	459-460	408-410	319-321
113	715-717	595-597	540-542	425-427	72	510-513	456-458	406-407	316-318
112	712-714	592-594	537-539	422-424	71	506-509	453-455	404-405	314-315
111	709-711	589-591	534-536	419-421	70	502-505	450-452	402-403	312-313
110	706-708	586-588	531-533	416-418	69	496-501	446-449	398-401	306-311
109	703-705	583-585	528-530	413-415	68	490-495	442-445	394-397	300-305
108	700-702	580-582	525-527	410-412	67	485-489	439-441	391-393	294-299
107	697-699	577-579	522-524	407-409	66	480-484	435-438	389-390	288-293
106	693-696	573-576	520-521	405-406	65	472-479	428-434	384-388	280-287
105	690-692	569-572	518-519	402-404	64	464-471	422-427	380-383	273-279
104	687-689	566-568	516-517	400-401	63	458-463	416-421	376-379	265-272
103	683-686	562-565	514-515	397-399	62	450-457	410-415	372-375	257-264
102	680-682	558-561	512-513	395-396	61	446-449	406-409	368-371	253-256
101	674-679	553-557	508-511	391-394	60	442-445	402-405	364-367	249-252
100	668-673	550-552	504-507	389-390	59	438-441	398-401	360-363	245-248
99	663-667	547-549	501-503	387-388	58	434-437	394-397	356-359	241-244
98	658-662	544-546	498-500	385-386	57	430-433	390-393	352-355	237-240
97	653-657	541-543	495-497	382-384	56	426-429	386-389	348-351	233-236
96	647-652	538-540	492-494	380-381	55	422-425	382-385	344-347	229-232
95	640-646	533-537	487-491	376-379	54	418-421	378-381	340-343	225-228
94	634-639	530-532	484-486	373-375	53	414-417	374-377	336-339	221-224
93	627-633	527-529	481-483	370-372	52	410-413	370-373	332-335	217-220
92	621-626	524-526	478-480	367-369	51	406-409	366-369	328-331	213-216
91	614-620	521-523	475-477	365-366	50	402-405	362-365	324-327	209-212
90	607-613	518-520	472-474	363-364	49	398-401	358-361	320-323	205-208
89	599-606	514-517	467-471	360-362	48	394-397	354-357	316-319	201-204
88	591-598	509-513	462-466	358-359	47	390-393	350-353	312-315	197-200
87	584-590	505-508	457-461	356-357	46	386-389	346-349	308-311	193-196
86	577-583	502-504	452-456	354-355	45	≤385	≤345	≤307	≤192
85	570-576	498-501	447-451	352-353					

